

DO YOU LIKE TO HELP OTHERS BY MAKING A DIFFERENCE IN THEIR QUALITY OF LIFE?

Consider becoming A Matter of Balance Coach!



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



A member of the  connect Alliance.

A Matter of Balance is an award-winning evidence-based fall prevention program that emphasizes practical strategies to manage falls.

PARTICIPANTS LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND MATTER OF BALANCE CLASSES?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Matter of Balance workshops consist of 2-hour sessions each week for a total of 8 weeks.*

New Matter of Balance Coaches Training

THURSDAY, FEBRUARY 20TH, 2020

9 a.m. to 5 p.m.

Generations Office - Room 305

1019 N. 4th St.

Vincennes, IN 47591

**THE PROGRAM IS FREE AND A FREE LUNCH
WILL BE PROVIDED!**

Seating is limited!

For more information, or to register,
contact

Alma Kramer at

812-888-4527 or akramer@vinu.edu

**You can make a difference in a proven program that helps
older adults reduce their risk and fear of falling!**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).